

Did you know that every person in our country gets about 250 pieces of unsolicited mail every year, and in the course of a lifetime, you'll spend about 8 months sorting through it!

1) Send a postcard. Print "Name Removal Request", your full name, address, and sign it. Your request will be kept on file for 5 years. Send it to:

Mail Preference Service

PO Box 643

Carmel, NY, 10512

2) To eliminate unwanted catalogs, please visit [Catalog Choice](#), a free service that helps you reduce mailbox clutter while helping preserve our natural resources.

3) You can go to the [Direct Marketing Association](#) website for information or to submit a name removal request online. There is a \$5 fee, and you can submit up to 3 names. Your email address will be kept on file for 2 years.

Here are some other tips on how to stop unwanted mail:

- Write: "Please do not rent, sell, or give away my name and address!" when filling out promotions, orders, subscriptions, donations, credit card applications and warranty cards.
- Call toll-free numbers listed on unwanted mail and tell them: "Please remove my name from your mailing list!" Give your name and address as listed on the label.
- Cancel unwanted subscriptions. To further reduce waste, share magazine subscriptions with neighbors, friends or the library. On new subscriptions, write: "Please do not rent, sell, or give away my name".

If you no longer want to receive a phone book, visit <http://www.yellowpagesoptout.com/>.